

**Report Date: July 16, 2017 05:47 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water <a href="#">1</a>	g	35.48	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Energy	kcal	367	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Energy	kJ	1535	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Protein <a href="#">1</a>	g	35.31	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Total lipid (fat) <a href="#">1</a>	g	25.08	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Ash <a href="#">1</a>	g	1.42	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/2008
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006

## Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca <a href="#">1</a>	mg	7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Iron, Fe <a href="#">1</a>	mg	17.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Magnesium, Mg <a href="#">1</a>	mg	29	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Phosphorus, P <a href="#">1</a>	mg	240	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Potassium, K <a href="#">1</a>	mg	400	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Sodium, Na <a href="#">1</a>	mg	120	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Zinc, Zn <a href="#">1</a>	mg	3.10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Copper, Cu <a href="#">1</a>	mg	0.270	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Manganese, Mn <a href="#">1</a>	mg	0.037	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Selenium, Se <a href="#">1</a>	µg	90.8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Thiamin <a href="#">1</a>	mg	0.011	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Riboflavin <a href="#">1</a>	mg	0.364	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Niacin <a href="#">1</a>	mg	6.520	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Pantothenic acid <a href="#">1</a>	mg	0.727	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-6 <a href="#">1</a>	mg	0.091	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folate, total <a href="#">1</a>	µg	11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folic acid	µg	0	1	--	--	--	--	--	--	--	Assumed zero	--	07/2007
Folate, food <a href="#">1</a>	µg	11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folate, DFE	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Choline, total <a href="#">1</a>	mg	68.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Betaine <a href="#">1</a>	mg	60.9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Vitamin B-12 <a href="#">1</a>	µg	5.85	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Vitamin A, IU	IU	1947	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2006
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.55	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Tocopherol, beta <a href="#">1</a>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, gamma <a href="#">1</a>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, delta <a href="#">1</a>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin K (phylloquinone) <a href="#">1</a>	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lipids													
Fatty acids, total saturated	g	3.920	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
8:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
12:0 <a href="#">1</a>	g	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
14:0 <a href="#">1</a>	g	0.690	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
15:0 <a href="#">1</a>	g	0.110	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
16:0 <a href="#">1</a>	g	2.450	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
17:0 <a href="#">1</a>	g	0.100	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:0 <a href="#">1</a>	g	0.540	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
24:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	11.160	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
14:1 <a href="#">1</a>	g	0.090	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
15:1 <a href="#">1</a>	g	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
16:1 undifferentiated <a href="#">1</a>	g	3.900	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
17:1 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated <a href="#">1</a>	g	5.320	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:1 <a href="#">1</a>	g	1.700	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:1 undifferentiated <a href="#">1</a>	g	0.120	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
24:1 c <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total polyunsaturated	g	1.180	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
18:2 undifferentiated <a href="#">1</a>	g	0.190	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated <a href="#">1</a>	g	0.130	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:4 <a href="#">1</a>	g	0.050	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:2 n-6 c,c <a href="#">1</a>	g	0.050	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:3 undifferentiated <a href="#">1</a>	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:4 undifferentiated <a href="#">1</a>	g	0.080	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:5 n-3 (EPA) <a href="#">1</a>	g	0.280	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
21:5 <a href="#">1</a>	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:4 <a href="#">1</a>	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:5 n-3 (DPA) <a href="#">1</a>	g	0.150	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:6 n-3 (DHA) <a href="#">1</a>	g	0.190	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol <a href="#">1</a>	mg	64	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Amino Acids													
Tryptophan <a href="#">1</a>	g	0.340	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Threonine <a href="#">1</a>	g	1.380	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Isoleucine <a href="#">1</a>	g	1.340	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Leucine <a href="#">1</a>	g	2.730	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lysine <a href="#">1</a>	g	2.860	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Methionine <a href="#">1</a>	g	0.720	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cystine <a href="#">1</a>	g	0.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phenylalanine <a href="#">1</a>	g	1.400	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tyrosine <a href="#">1</a>	g	0.920	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine <a href="#">1</a>	g	1.380	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Arginine <a href="#">1</a>	g	1.990	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Histidine <a href="#">1</a>	g	1.260	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Alanine <a href="#">1</a>	g	2.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Aspartic acid <a href="#">1</a>	g	2.940	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glutamic acid <a href="#">1</a>	g	4.720	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glycine <a href="#">1</a>	g	1.860	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Proline <a href="#">1</a>	g	1.620	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Serine <a href="#">1</a>	g	1.280	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006

Sources of Data  
<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD